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HUSTLIN' UP THE CHARTS

JUICY J CALLS KATY PERRY, MILEY CYRUS GENIUSES. INCIDENTALLY, HIS TOUR'S CALLED 'NEVER SOBER' PAGE 9

3

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RED RIVER COLLEGE rrc.ca

Springing forward

Two-year-old Danica Langford takes a break for a snowball fight with family on the Red River Mutual Trail Sunday. With the changing of the clocks came a changing of the weather, and with temperatures hovering around zero, hundreds of Winnipeggers were at The Forks to skate, toboggan, and enjoy hayrides. The miraculous weather is expected to stick around for the next week, with Environment Canada predicting highs of 1 C on Monday and 4 C on Tuesday.

SHANE GIBSON/METRO

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NEWS 1

Emergency landing

A flight from Tokyo on its way to Boston had to make an emergency landing in Winnipeg on Sunday morning. The Winnipeg Airports Authority confirmed Japan Airlines Flight 008 landed at Richardson International Airport due to a medical emergency. TWITTER: @EARLINWINNIPEG

Vic Toews. Former Tory public safety minister named to Manitoba court

Former Conservative public safety minister Vic Toews has been named to the Manitoba Court of Queen's Bench.

He replaces Justice D.P. Bryk, who elected to become a supernumerary judge last month.

Toews has long been touted for a judicial appointment.

He was a former Manitoba Conservative cabinet minister when he ran and won federally in the riding of Provencher in 2000 as a Canadian Alliance candidate. He was re-elected four times as a Conservative.

Toews was appointed justice minister in Prime Minister Stephen Harper's first cabinet in 2007 and became president of the Treasury Board in 2007.

He was named minister of public safety in 2010.

THE CANADIAN PRESS

STARS returns to sky

More training. Air ambulances fly again in Manitoba following government review

The Manitoba government has given the green light to STARS air ambulance service to resume flying, three months after a patient's death raised concerns about potentially improper oxygen levels.

The non-profit agency, which has operated for years in Alberta and Saskatchewan without being grounded, has agreed to upgrade its equipment, increase training and work with a new oversight panel that includes the dean of medicine at the University of Manitoba.

"STARS and Manitoba Health worked co-operatively and effectively to resolve issues of medical concern, and that has resulted in a number of changes," Health Minister Erin Selby said Friday.

What remained unclear is how much blame STARS should bear for 16 cases that were part of an external review by Dr. Stephen Wheeler, medical director of air ambulance services in British Columbia.

A copy of Wheeler's report was released Friday, but with many specific findings removed. The only death that was under review — that of a woman who had a heart attack last November and died after being transported by STARS to a hospital — was due to an "underlying medical condition," Selby said.

Another case had "no significant issues," although the circumstances were redacted in the report. Another was criticized because a STARS employee had photographed the patient during a rescue.

Wheeler did find problems with oxygen delivery in some cases. "A common theme ... is a lack of appreciation of what constitutes a difficult airway and a lack of sophistication in dealing with airways and maintaining oxygenation," his report reads.

It points to a lack of training as a key problem at STARS.

Crews also are to undergo more training alongside crews from other provinces.

STARS CEO Andrea Robertson would not discuss details of the review and focused her comments on working with the province. THE CANADIAN PRESS

STARS air ambulance service is set to resume flying. DAVID LIPNOWSKI/METRO FILE

Equipment upgrades

STARS has agreed to upgrade its equipment. New ventilators are to have oxygen sensors for the first time. Oxygen tank regulators will have built-in alarms for when levels get too low.

VOTING FOR ARBORG

WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

I am officially throwing my support and vote behind Arborg, Man., to be Hockeyville 2014.

They've made the Top 8 in the west bracket, with the winner of Hockeyville going on to receive $100,000 in arena upgrades and they'll get to host an actual NHL pre-season game.

As a kid from small-town Manitoba myself, I feel it is my duty to encourage you all strongly to vote for the only Manitoba town left in the running. You have until midnight Monday to vote at krafthockeyville.cbc.ca.

Five quick reasons to vote Arborg for Hockeyville 2014:

5) Arborg is home to the world's biggest curling rock. There is no way that is not awesome.

4) Arborg still has a meat draw every Friday.

3) The Arborg Heritage Village has an annual fundraiser that sees members of the community perform an episode of The Golden Girls to an always sold-out crowd.

2) My partner-in-radio-crime Chrissy Troy is from Arborg, and in fact held the title of Ms. Wilderness in the late '80s, having won the crown by doing a moose call for the talent portion of the pageant.

1) For those of you from a small-ish town in this wonderful province, think back to when you were growing up. Imagine the NHL coming to your town to play a game. Correct. I would have freaked out as well.

Vote local. Vote Arborg.

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Kinsmen donating $1M to Sherbrook Pool: Mayor Katz

State of the city.
Competitors react to mayor's speech

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Mayor Sam Katz's state of the city address on Friday likely made a big splash with local swimmers, but to his potential mayoral rivals, it capsized.

During a lunchtime speech to the Winnipeg Chamber of Commerce crowd at the Convention Centre, Katz announced a donation of $1 million from the Kinsmen Club of Winnipeg towards Sherbrook Pool.

Sherbrook Pool was shut down in November of 2012 due to safety concerns, prompting an effort by the local community, university students and swimmers to lobby for the reopening of the pool.

In December, city council set aside $1.67 million for the repairs and last month city officials said based on engineers' inspection of the building's mechanical and electrical aspects, the pool would likely reopen in January of 2016.

Glen Behl, vice-president of services for the Kinsmen Club of Winnipeg, said his organization is proud to share the name of the pool, which will be now known as the Kinsmen Sherbrook Pool.

"(The donation) is going to actually get the immediate repairs that have to be done structurally right away."

Katz delivered his state of the city speech — which touched on lowlights, such as the current frozen-pipes situation, and highlights, like the 55 per cent increase in waste diversion since the new garbage and recycling bins were introduced — in an energetic and enthusiastic manner, prompting questions if he was kicking off his re-election campaign.

Mayor Sam Katz said Winnipeg is going through a "renaissance" during his state of the city speech on Friday. BERNICE PONTANILLA/METRO

"My speech has nothing to do with (re-election), this was my state of the city address," he told reporters after his speech, adding he won't make an announcement until June. "I'm in no rush, I've never rushed before."

Follow Bernice Pontanilla on Twitter @MetroBee

Quoted

There were several potential mayoral candidates at Mayor Sam Katz's state of the city speech on Friday. Here's some of their reaction:

"It was a lost opportunity to really present a clear vision and a clear plan for the future."
Lawyer Brian Bowman

"I'm not sure that a lot of that optimism (in Katz's words) necessarily rang true when I was listening to that speech."
Ex-councillor Gord Steeves

"We've got great things happening in the city, Sam mentioned some of those today ... but I think a lot of it is happening in spite of Sam Katz and city hall, not because of Sam Katz and city hall."
Ex-MP Judy Wasylycia-Leis

5,000 homes in danger of frozen pipes: City

While much of the Prairies enjoyed a reprieve from weeks of intense cold on Saturday, Winnipeg officials sent notices to thousands of people to leave a tap running to prevent their pipes from freezing.

The city says staff are working to contact an additional 3,240 property owners by telephone, or with hand-delivered notices, to start leaving one cold-water tap running at a trickle.

A total of 4,965 properties have now been identified as being at risk, and the city says those water pipes will remain vulnerable to freezing for months to come as the frost deepens.

The city says only people who get a notice should leave a tap running.

It says if everyone did it, Winnipeg's water and sewer system would be overwhelmed.

There are 806 properties on the city's list for thawing frozen water pipes, which one senior official calls an "unprecedented situation."

"I want to thank all Winnipeggers who have reached out to offer assistance to those who are without water," Mayor Sam Katz said in a news release.

"Allowing the use of a temporary hose line, offering laundry facilities or offering to refill water jugs is helping during this difficult time."

The city says it has been phoning homes and businesses that have reported frozen pipes to find out if potable water is required. Firefighters or paramedics are then dispatched with 20-litre containers.

The city says that when water gets delivered, paramedics will determine if the water interruption is causing a public health problem.

Some Winnipeggers are getting fed up waiting for city crews to thaw their pipes and are hiring private companies, which can cost $500 for same-day service.

Firefighters who were trying to put out a house fire found the nearest hydrant was frozen solid and the crews had to go another 10 blocks away and dig out another hydrant to get water to put on the blaze.

THE CANADIAN PRESS

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Separatist dreams. Former head of Quebecor to run for PQ in provincial election

Media baron Pierre Karl Peladeau shook up the Quebec election campaign on Sunday, announcing he's decided to run for the Parti Québécois.

Flanked by PQ Leader Pauline Marois, Peladeau told a news conference he's worked to build up media giant Quebecor over the past 25 years and now wants to devote himself to public service.

He said his dream is to help Quebec become a country.

"Quebec has all the means to succeed. We have financial resources, we have human resources, we have natural resources," Peladeau said in Saint-Jérôme, north of Montreal, where he will run for a seat in the April 7 election.

"We've got everything (we need) for a country to be alive and kicking."

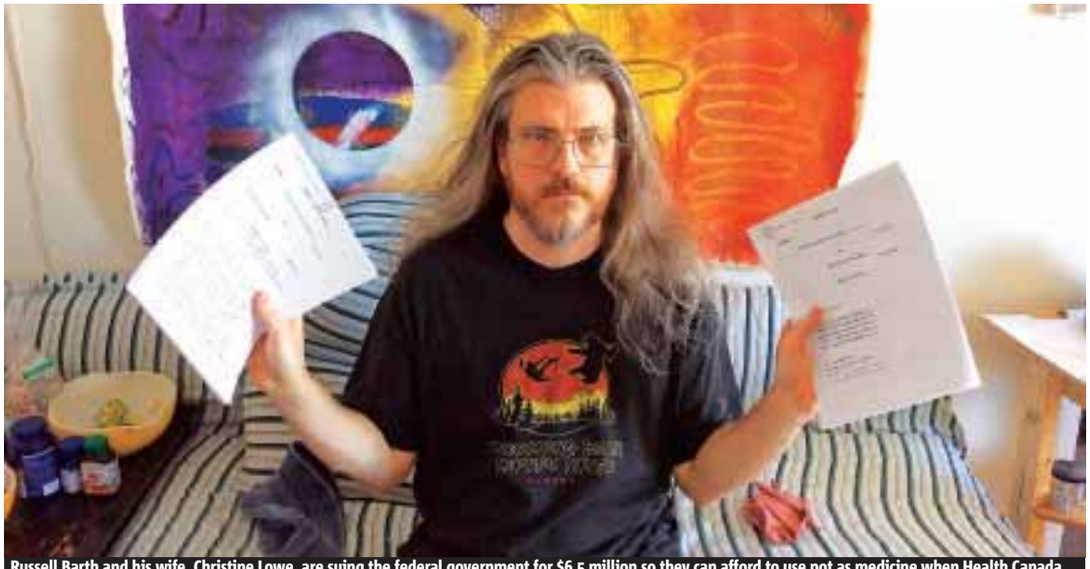
Peladeau rejected suggestions his entry into politics could represent a conflict of interest, given his powerful presence in the province's media landscape.

He was, until recently, head of Quebecor Media Inc., which controls the tabloid newspaper Journal de Montreal and the French-language TVA television network.

The conglomerate also owns the Sun tabloids and the Sun News Network in English Canada.

THE CANADIAN PRESS

Pierre Karl Peladeau at a press conference in Saint-Jérôme, Que., on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS



Russell Barth and his wife, Christine Lowe, are suing the federal government for $6.5 million so they can afford to use pot as medicine when Health Canada changes rules to its medical marijuana access regulations. CONTRIBUTED

Couple suing feds for $6.5M worth of weed

Medical marijuana. With prices expected to skyrocket under new rules, an Ottawa man and his wife want the government to cover them for 40 years' worth

TREVOR GREENWAY
Metro in Ottawa

An Ottawa couple who uses medical marijuana are suing the federal government for a combined $6.5 million — a projected figure of what it will cost them to stay medicated for the next 40 years when Health Canada changes rules to its medical marijuana access regulations.

Russell Barth consumes about 16 grams of pot every day to manage pain related to his fibromyalgia symptoms, as well as post-traumatic stress. Barth and his wife, Christine Lowe, who suffers from epilepsy, say they have a designated grower, an arrangement that allows them to stay medicated for far less than it will cost them under the new rules.

While he did not disclose how much he spends a year, he said a friend of his grew a year's worth of marijuana in a single summer at a cost of $500.

When Health Canada changes come into effect at the end of the month, Barth and his wife won't be able to afford the up to $15 a gram they will be forced to pay from commercial growers. The changes will also force Barth to destroy all the pot he already has — about 78 plants and 3.5 kilograms of dried marijuana that he says is worth more than $130,000.

His statement of claim gives the Crown three options: Remove cannabis from the Controlled Drugs and Substance Act (CDSA) for everybody, grant him and his wife an exemption from the CDSA or pay them the money so they can afford to medicate themselves in the future. Ideally, Barth wants marijuana to be legal for everyone. He sees a market of cheap or free pot under those circumstances.

"Pot should be sold in supermarkets," he said. "Pot should be as legal as coffee and chocolate, not tobacco and alcohol."

The new rules, which come into effect March 31, will no longer allow medical marijuana patients to grow their own pot or use designated growers.

Instead, patients will have to buy from licensed large-scale producers at a much higher cost, and that doesn't sit well with Barth.

"It's absolutely terrifying," he told Metro Sunday.

"Every day I feel like I am wrestling with a robot."

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A relative of passengers aboard a missing Malaysia Airlines plane. ANDY WONG/THE ASSOCIATED PRESS

Interpol knew of stolen passports

Malaysia Airlines. Agency has sounded an alarm on this for years; it has 40 million stolen or lost travel documents on file

Interpol knew about stolen passports that two passengers used to board an ill-fated Malaysia Airlines flight bound for China, but no country checked the police agency's vast database on stolen documents beforehand, it said Sunday. Interpol said it hopes authorities will "learn from the tragedy."

It's not known whether stolen passports had anything to do with Saturday's disappearance of the Boeing 777 bound from Kuala Lumpur, Malaysia, to Beijing with 239 people on board. But such oversights aren't new. Last year, passengers boarded planes more than a billion times without their passports being checked against Interpol's database of 40 million stolen or lost travel documents, said the organization.

Interpol just last month said that "only a handful of countries" regularly use its stolen or lost documents database. It's a database of records from 167 countries. The database was searched 800 million times last year — but one in eight searches was conducted by United Arab Emirates alone. The thefts of the passports used were in the database.

THE ASSOCIATED PRESS

Mystery of flight MH370

Vietnamese authorities searching waters for the missing Boeing 777 jetliner spotted an object Sunday that they suspected was one of the plane's doors as international intelligence agencies joined the investigation into two passengers who boarded with stolen passports.

- The jet lost contact with controllers between Malaysia and Vietnam.

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New York Travel Apr 9 - Apr 16	$489	$1439
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tico.ca

Syria. Canadian freelance photojournalist killed

A Canadian freelance photographer was killed in the northern Syrian city of Aleppo on Sunday, his sister and activists said, the latest journalist to be killed covering a brutal war that has become the deadliest place in the world for them to operate.

Ali Mustafa died along with seven others when government aircraft dropped crude bombs and one exploded where he was standing with firefighters in the rebel-held Hadariyeh area of Aleppo city, said an activist who identifies himself as Abu al-Hassan Marea.

Mustafa's sister, Justina Rosa Botelho, confirmed her 29-year-old brother's death after activists sent her a photograph of his corpse. Mustafa was born in Toronto, the son of Pakistani and Portuguese immigrant parents.

Ali Mustafa, 29, holds masks used to filter pollution and tear gas. He was killed Sunday. ZACK HELWA/TWITTER

Syria is the world's most dangerous conflict for reporters.

Since the Syrian uprising began in March 2011, more than 63 journalists have been killed by both forces loyal to President Bashar Assad and rebels seeking his overthrow, according to the Committee to Protect Journalists.

THE ASSOCIATED PRESS

Halifax baby's miraculous birth

'It's a miracle.' Newborn starts breathing again after being declared legally dead

RUTH DAVENPORT
Metro in Halifax

Robin Cyr's fourth child already packed a lifetime's worth of emotional turmoil into her first 28 minutes in the world.

Cyr, 34, was told her baby girl died just after being born in the IWK Health Centre in Halifax around 3 a.m. Saturday.

But shortly after getting the devastating news, a stuttering, breathless nurse rushed back into the room to say the baby had started breathing again.

"My aunt was there and it's a blessing because her prayers are very deep and strong," said Cyr on Sunday, speaking in a whisper through tears at the hospital. "When she started praying, my baby came back."

The big baby girl, who weighed nine pounds 14 ounces, got wedged in the birth canal during the delivery. Once she was born, Cyr lay on the bed waiting for 25 minutes for any signs of life.

"My aunt looked at me and said, 'Your baby girl's gone,'" she said, adding the baby's body was taken out of the room after being declared dead. "Another nurse came over, two minutes later ... she couldn't talk. She was speechless, and another nurse came over and said, 'Your baby's breathing.'"

A flummoxed surgeon told Cyr's family that he had no explanation for the seemingly impossible recovery.

"He said it's a miracle," said Cyr. "He said, 'I'm very sorry I gave up on your baby when I did, because I turned around and she's breathing on her own.'"

The chubby little girl with an impressive shock of dark hair is now breathing on her own in the neonatal intensive-care unit. She could pass for any other healthy newborn baby.

Cyr's family and friends say they're still processing the miracle that trumped the miracle of birth.

"The way the story progresses, by the time you get halfway through, you don't want to hear the rest, you're like, I'm done. This is not going to end well," said godfather Nevel Carvery. "Then to have it end the way it ended, it's a roller-coaster."

Cyr had a name picked out for the baby, but said that will likely have to change.

"Everybody just keeps saying 'miracle, miracle,'" she said.

A review is underway to determine what, if any, explanation there may be for the baby's apparent resurrection.

Robin Cyr visits with her newborn baby girl in the neonatal intensive-care unit at the IWK Health Centre in Halifax. JEFF HARPER/METRO

Quoted

"(The nurse) couldn't talk. She was speechless, and another nurse came over and said, 'Your baby's breathing.'"

Robin Cyr on being told her newborn baby girl was alive after having been declared dead

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Protests ahead of Fukushima anniversary

Costumed protesters beat drum cans during an anti-nuclear-plant demonstration in Tokyo on Sunday. Waving "Sayonara nukes" signs, thousands of people rallied in a Tokyo park and marched to Parliament to demand an end to nuclear power ahead of the third anniversary of the Fukushima disaster. The demonstration Sunday was one of many such protests that have erupted since the March 11, 2011, nuclear disaster, the worst since Chornobyl. JUNJI KUROKAWA/THE ASSOCIATED PRESS

Bank of Mom and Dad must bone up on RESPs

HOW TO ROLL
Alison Griffiths
metronews.ca

Parents need to do their homework on RESPs. THE ASSOCIATED PRESS FILE

Rachel Canning, an 18-year-old from New Jersey, has just lost the first round in a lawsuit against her parents over financial and educational support after they booted her from the family home, citing her bad behaviour.

But imagine if the disgruntled teen had sued them because poor investing decisions robbed her of the opportunity to attend university.

It seems ridiculous. On the other hand …

An RESP (registered education savings plan) isn't a child's right. But once parents start one, it behooves them to pay attention. Many kids contribute to their own RESPs with summer or part-time earnings, giving them an even bigger stake in the outcome.

An annual deposit of $2,500 will attract the maximum Canada Education Savings Grant of $500 yearly. Even if the money earns no interest, it will amount to $57,000 after 18 years.

A modest, annually compounded return of three per cent would boost the bottom line to over $76,000. That's a nice chunk of change.

Now suppose parents buy some really stinky investments and the education fund is eviscerated. Should they be held responsible?

Or what if parents put all the money into the stock market without the safety of cash or bonds? If it's early 2008, their offspring stand to lose 40 to 50 per cent of their education money in the September crash.

It would be interesting to see what a court would say if a child were to sue parents for financial neglect in either situation.

It might never happen, but the point is, you can't just contribute to an RESP and ignore it.

WestJet pens love note to women in aviation

WestJet wrote their own note supporting female pilots. YOUTUBE.COM

There's plenty of room for women in the cockpit, the air-traffic control centre — even on the airport tarmac.

That's the message behind a new video produced by Calgary-based WestJet that aims to fuel positive discussion in the wake of a sexist note written by a passenger targeting one of the airline's experienced female pilots.

While aboard a Calgary to Victoria flight, "David" wrote that the cockpit of an airplane is "no place for a woman," and asked the airline to inform him next time a female pilot was at the helm so he could book another flight.

But the pilot who claimed she was targeted by the note, 17-year aviation veteran Carey Steacy, fired back on Facebook.

WestJet was quick to condemn the passenger's remarks and later created a video showcasing women in various roles of the aviation world — Steacy herself even makes a cameo.

JEREMY NOLAIS/METRO IN CALGARY

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KATZ'S TUNE IS SOUNDING STALE

URBAN COMPASS

Colin Fast
winnipeg@metronews.ca

After nearly 10 years in office, and facing some of the most difficult challenges of his political career, Mayor Sam Katz stood in front of a thousand community leaders and delivered a powerful message for Winnipeg and the rest of the nation:

Believe in us, because we have a Bed, Bath & Beyond.

OK, to be fair, he also mentioned Ikea, H&M, Target and Marshalls. No word on whether Menchie's Frozen Yogurt was offended it didn't make the cut.

Katz's purpose in touting chain stores was to say Winnipeg has become a hot spot for investment. Combine that with projects like the Museum for Human Rights and an expanded convention centre, and he argues the city is undergoing a renaissance.

While his point is somewhat valid, this is essentially the same greatest-hits package the mayor has been pushing for the past few years. The problem is that the public — as proven by recent opinion polls — seems like it wants to hear a new tune.

Sure, there were a few new announcements in the speech. But while a $1-million donation to Sherbrook Pool by the Kinsmen and a free concert event in Central Park both sound nice, they're not transformational.

Where was a vision for transit? Yes, council recently approved a proposal to give university students discounted transit passes, and a funding agreement is finally in place to build the second phase of rapid transit. But there's still no comprehensive plan to get more people out of their cars and on to a bus.

Where was a vision for smart growth and getting the infrastructure problem under control? The recent approval of a massive new subdivision in south Charleswood is going to cause the city to sprawl further, and put more strain on existing roads and city services. And while the city has talked about creating more compact, walkable neighbourhoods, there's little evidence of that happening so far.

Where was a vision for improving management of city building projects? After the fire hall audit and police headquarters budget overruns, you'd think changing structures and policies to ensure better oversight of major projects would be a priority, especially for a mayor with a successful business background.

And most importantly, where was a vision for restoring public faith in the city government?

Whether he wants to run again, or plans to spend the next several months cementing his legacy, Katz clearly needs to change direction, and fast. If he doesn't, not even an Outback Steakhouse or Bass Pro Shop will save him.

Time to change his tune

Where was a vision for improving management of city building projects?

ZOOM

Injured in Afghanistan, scoring in Russia

JUSTIN SETTERFIELD/GETTY IMAGES

Canadian Forces veteran scores

Canada's Dominic Larocque celebrates scoring during an ice sledge hockey game between Canada and Norway on Sunday at the Paralympic Games in Sochi, Russia. Larocque was an accomplished athlete growing up — even playing junior-A hockey for a time — before joining the Canadian military's famed Van Doo regiment in 2005. THE CANADIAN PRESS

Reminded of fateful day every morning

Larocque has no memory of the moment that changed his life forever.

While serving with the Canadian Forces in Afghanistan, an armoured vehicle carrying the young corporal drove over an improvised explosive device. The devastating blast on Nov. 27, 2007, shattered Larocque's left leg and required an amputation above the knee.

Although he has no recollection of that fateful day, he's still reminded of it each morning.

"Every time when I wake up I think about that," said Larocque, now 26. "I have no choice." His main focus upon returning from Afghanistan was getting back in shape, but he saw an even brighter future after watching Canada's sledge hockey team in action.

THE CANADIAN PRESS

Sledge hockey

4-0

A big body that likes to do the dirty work, Larocque has already shown some scoring touch at these Games, recording two goals in Canada's 10-1 victory over Sweden in Saturday's opener.

Larocque was at it again on Sunday, scoring the game's first goal in Canada's 4-0 victory over Norway.

Canada has an off-day on Monday before taking on the Czech Republic on Tuesday.

WE ACT:
CANADA DOES GOOD

Poetry behind bars

CONTRIBUTED

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Nancy Van Styvendale, community-builder and educator

What: Inspired Minds, an all-nations creative writing program at the Saskatoon Correctional Centre

Why: "To build bridges and connect people across differences."

Poetry can't break bars, but Dr. Nancy Van Styvendale, an assistant professor at the University of Saskatchewan, argues that it does break down barriers. In 2011, with the support of Diann Block, the First Nations and Métis co-ordinator at the Saskatoon Correctional Centre, Van Styvendale volunteered to co-ordinate and teach creative writing and literature classes to small groups of inmates. These eight-week, volunteer-driven courses provide participants with a certificate of completion from the University of Saskatchewan.

What has been the most rewarding part of your involvement?
Within the larger context of the jail, there's the need to protect yourself and not let people in. What I love about the program is that it creates a safe space where the men feel relatively confident sharing very personal things about their lives and struggles. And the other members of the class respect that and encourage their fellow classmates.

How has the program affected the participants personally? Some of the men have experienced racism and were disenfranchised at school. So to provide an educational space that is positive, that makes people feel good about learning is super important. A lot of the men are interested in the certificate of completion, because they can use it when they are going on a job interview. It's a big deal for someone who doesn't have educational credentials.

CRAIG AND MARC KIELBURGER

WE WANT TO HEAR FROM YOU:
Send us your comments: winnipegletters@metronews.ca

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Canadian Screen Awards

Orphan Black and Call Me Fitz multi-award winners

The Nova Scotia-shot comedy series Call Me Fitz, about a morally bankrupt used-car salesman, was among the big winners at Sunday night's Canadian Screen Awards, taking home three awards during the TV broadcast.

Show star Jason Priestley won for best actor in a comedy series, while co-star Tracy Dawson won for best actress. The series also took home honours for best comedy series.

Space's sci-fi series Orphan Black received two wins, with show star Tatiana Maslany winning best actress in a dramatic role. Last year Maslany, a Regina native, was also nominated for a Golden Globe for her work on the series. Orphan Black also won for best dramatic series.

Orphan Black entered last night's Canadian Screen Awards having already won a leading eight trophies. The serial took the lead among television nominees at an industry gala where awards were bestowed on supporting actor Jordan Gavaris, supporting actress Maria Doyle Kennedy and guest performer Natalie Lisinska.

Among the other TV winners last night were Hugh Dillon for best dramatic actor in Flashpoint, Lisa LaFlamme for best news anchor, and Rick Roberts and Sook-Yin Lee for their performances as Jack Layton and Olivia Chow in the miniseries Jack.

Canadian Screen Awards were also handed out Sunday night for films, with Denis Villeneuve's Enemy wining five honours, including editing, original score and cinematography. Villeneuve was awarded best director for his work on the film, while Sarah Gadon won a supporting actress honour for her role.

Best motion picture went to Gabrielle, the French-language film about a young woman with Williams syndrome who falls in love after joining a choir of developmentally disabled adults. Gabrielle Marion-Rivard won the best actress award for her performance.

METRO, WITH FILES FROM THE CANADIAN PRESS

For a full list of Canadian Screen Award winners, visit metronews.ca.

Juicy J's hustle continues

Never Sober. Busy rapper kicking it on tour, working on next album as collaborations climb Billboard chart

EMILY LAURENCE
Metro World News

Juicy J: "I hustled all the way to the top and I'm partying my ass off right now. But I work hard too." MUSASHI ONO

If there's anyone who deserves to do a little partying, it's Juicy J. His collaboration with Katy Perry, Dark Horse, is everywhere, including the top of the Billboard Hot 100 chart, and his new single, Talkin' Bout, with Chris Brown and Wiz Khalifa, is quickly creeping up too. We talk with the rapper about getting tipsy (count the number of times he says Ciroc) on his Never Sober tour.

Right now, you're in the studio working on your next album, The Hustle Continues. What can people expect?
It's about going from the 'hood to where I am now. I've been in the music game for over 20 years and won an Academy Award (in 2006 for It's Hard Out Here for a Pimp from Hustle & Flow). I still live a party and kicking-it life. I'm having a lot of fun right now, but I'm still working too.

Dark Horse is obviously killing it right now. What was it like working with Katy Perry?
Katy Perry is a genius. She works hard just like me. Katy is in the studio every day and working with her was great. There were no problems at all.

How did that collaboration compare with working with Miley Cyrus on 23?
Both of them work really hard. Miley's a genius too. She has a great voice. They're both very professional women.

After 23 came out, there were all these rumours that Miley was pregnant with your baby.
That was just funny. People are always going to spread rumours online that aren't true. Miley's like my little sister, man!

This is the Never Sober tour. What's your signature drink?
Right now, we have lots of Ciroc Vodka on the bus and some Hennessy and a couple bottles of champagne. If someone's coming to a Juicy J show, they would definitely drink some Ciroc. But don't drive. Let somebody drop you off or catch a limousine or something. You can drink some Ciroc or down some gin and then have somebody drop you off. Or you can take Uber. I tried it and it's great.

If your life was a video game, what would it be like?
It would definitely be a hustle. You'd have to hustle your way to the top and then you party your ass off. That's what I did. I hustled all the way to the top and I'm partying my ass off right now. But I work hard too. We might be drinking some Ciroc on the tour bus, but I have a studio set up in there. I'm actually about to go make some beats right now.

You collaborated with Chris Brown and Wiz Khalifa for your new single, Talkin' Bout. What are they like to hang out with?
We're super cool. They're great guys. When we hang out, we just like kicking it, popping bottles and enjoying life.

What would people be surprised to learn about you?
I manage myself. I'm very hands-on and am in all the meetings, on all the emails and do my own taxes. I have people who work for me, but I'm the head guy in charge and I run the show. I've been doing it my whole life.

When I was 13 years old, my mama was a librarian and I told her to check me out all the music books. I read 10 or 15 books because I wanted to know everything about the music business. A lot of artists just want to make music, get groupies and spend all the money, but that isn't what you're supposed to do. It's called the music business and it's a business at the end of the day.

Top Chef Canada a pressure cooker

Top Chef Canada is heating up as a battle of the sexes.

Season 4, which launches Monday on Food Network Canada, features an even number of female and male chefs battling it out for the first time in the show's history.

The silent treatment is the order of the day in the first episode in which the chefs, who have never met, are paired up to create a dish together, without speaking. The winners gain immunity in the next challenge, in which a men's team faces a women's team over a five-course meal.

In signing on to do the show and vie for $100,000 and other prizes, the 14 chefs, who hail from across the country, are sequestered in what head judge chef Mark McEwan calls "chef prison." He said it was startling to see what being in that pressure cooker will do to people.

"I think we saw things this year that we never saw before: behaviours and emotion and people really hitting the wall in a hard way. It was a tough season," McEwan said in a phone interview.

"We sort of looked at each other a number of times and said, 'Did that actually just happen? That actually happened.' We were very surprised by a number of things this season."

THE CANADIAN PRESS

Cooked up charges

"They're in chef prison for seven weeks."

Head judge Mark McEwan describes the intense pressure on the contestants.

Season 4

Top Chef Canada airs Mondays at 9 p.m. ET/10 p.m. PT on Food Network Canada.

Head judge Mark McEwan
FOOD NETWORK

SCENE

Ebooks

Mother Nature Is Trying to Kill You

By. Dan Risken

Kindle/iBooks/Kobo

MIND THE APP
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Zebras don't throw their friends under a bus, they throw them under a lion. Daily Planet's Dan Risken tears apart misconceptions about how benevolent and harmonious a natural lifestyle can be with this fascinating tour of animal politics, sexual savagery and brutal betrayal. Keeping things light, he uses the e-book's interactive footnotes to link in cool facts as witty asides.

Prepare to explore Wild Canada

The Nature of Things. New doc series went to great lengths to capture the country at its most beautiful

The Wild Canada series used a 10,000-frames-per-second camera to get close-ups such as this one of a grizzly bear. WILD CANADA

Two Vancouver filmmakers behind BBC's Planet Earth have brought their focus home for Wild Canada, an upcoming documentary series that captures the rugged beauty of the country. Humpback whales, ice-capped mountainscapes and British Columbia's white-cloaked spirit bears will all appear in the series, set to premiere on CBC's The Nature of Things on March 13.

More than 500 hours of footage from Newfoundland to the Arctic Circle were distilled into four episodes of sweeping panoramas and close-ups. In one scene, a grizzly bear shakes off silvery droplets of snow, all of which can be seen in extreme detail thanks to the 10,000-frames-per-second camera used.

"I think we are really going to fill Canadians with wonderment at the beauty, diversity and majesty that the Canadian landscape has to offer," said Mark Starowicz, CBC's executive director of documentary programming.

Wild Canada is the handiwork of adventure filmmakers Jeff and Sue Turner, who produced and directed the film. The couple is renowned for nature documentaries, having shot film for BBC's Planet Earth and Frozen Planet series. "The scope of the project was the biggest thing we have ever done," said Jeff Turner.

RED Epic cameras — the same equipment used to film The Hobbit — allowed the crew to shoot the series in extremely high definition. For remote locations, drone helicopters equipped with tiny cameras were manoeuvred from the sky. "Those cameras are all about capturing nature at its most beautiful, like it actually is. We were able to show it in a more realistic way," Turner said. The crew of about 20 traversed Canada during the two-year filming period. Turner said that one of the highlights was shooting the never-before-filmed landscape of northeastern Ellesmere Island. To get there, they piggybacked on a vessel with government scientists.

"We wanted to try to show the remote Canadian Arctic as it might have existed thousands of years ago. That's one corner of the world where you can still see that," he said.

The imagery will be split into four episodes, each zeroing in on one region: the East and West Coasts, the Prairies and the North. David Suzuki narrates the story, which explores how humankind has changed the face of Canada's landscape since the end of the ice age.

TORSTAR NEWS SERVICE

Raising a personal bar

"The scope of the project was the biggest thing we have ever done."

Jeff Turner, adventure filmmaker

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Long Island Medium. Theresa Caputo takes her otherworldly show on the road

Caputo and her singular hairdo return for a fifth season of Long Island Medium. TLC

Theresa Caputo, the woman better known to many as the Long Island Medium, is back with new episodes of her hit TLC series. In Long Island Medium: On the Road, Caputo travels the U.S., surprising people with readings about their deceased loved ones. But the drama also unfolds closer to home, as Caputo learns of her daughter's desire to try pole dancing and considers changing up her famous hair-do. The medium is so busy, we couldn't even get her on the phone for an interview, but she did find some time to respond to our questions via email.

What's the hardest part of balancing your show, family, clients and spirit?
The hardest part of balancing is finding enough time in the day to connect with everyone.

Can you talk about what it feels like when you're getting messages from the other side? What are you seeing or hearing?
I see shadows and silhouettes. I feel the emotional bond that you shared with them and the way that they passed. I also feel my clients' emotions — their sadness, guilt, grief — and any burdens they might be carrying.

What are some of your favourite moments you've had reading people?
I feel that every reading is special and unique and has its own amazing moment. The most amazing moment for me in every reading is watching the transformation from sadness, grief and sorrow to happiness, joy and laughter (because after the loss of a loved one we tend to forget the happy times).

Is it ever frightening when you're doing a reading?
No. I am never frightened because I only asked for the highest good of all concerned and positive messages.

What do you say to those who are skeptical of your abilities?
Listen, everyone is entitled to their own beliefs, but this isn't about me. This is about spirit validating to each and every one of us that there truly is more to life than just here in the physical world, and that they are still here with us just in a different way.

MAX PRINZ/METRO WORLD NEWS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Hats a lot of loot for Pharrell's Grammy head gear

STARGAZING
Malene Arpe
scene@metronews.ca

Arby's bought Pharrell's Grammy hat in a charity auction for $44,100 US. Wendy's is still trying to buy Julianne Moore's hair.

Olympic ice dancing gold medal winners Meryl Davis and Charlie White will be competing on Dancing with the Stars. That's really too bad for you, Canadian contestant Sean Avery.

This week in wooing:

1) Robin Thicke is waging a public campaign to win back wife Paula Patton by singing songs about her. 2) Justin Bieber is Instagramming pictures of ex Selena Gomez with the caption "most elegant princess in the world." 3) John Travolta is still trying to get Adele Dazeem to call him.

A tattoo artist who visited Charlie Sheen's hotel room over Christmas says that a Vicodin-popping Charlie punched a hole in the wall, signed his name under the hole and then took off his shorts and set them on fire before offering the visitor $10,000 US for a kiss. "See," says Justin Bieber to his team, "we still have a really long way to go until we are where we want to be."

Katie Holmes has closed her five-year-old fashion line. There was no reason for her to pretend she has to leave the house to make clothes now that she can come and go as she wants.

Bobby Brown says he didn't know his daughter Bobbi Kristina got married. In his defence, he also doesn't know where he lives, what his favourite food is or if he still has a prerogative.

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Gwyneth Paltrow ALL PHOTOS GETTY IMAGES

'Princess' Paltrow's past comes back to haunt her

Poor Gwyneth Paltrow. As if it weren't enough to have her opinions and actions as an adult criticized, now former middle school classmates are saying that she's always been difficult. "Gwyneth always seemed like she thought she was better than the rest of us," a former classmate tells Radar Online. "She was in a play where she had the princess role and she told another girl in school that 'of course' she was playing that role because she was a princess and the other girl was not and that's why she didn't get the role. No one was surprised. She was so smug, even back then." And that old reputation is apparently still haunting her now that she and her family live in L.A. again: "A group of women that didn't get along with Gwyneth back in the day want nothing to do with her now," the source explains. "They still live in L.A. and have no interest in hanging out with her or being friends at all."

Is Robin missing his wife or enjoying single life?

Robin Thicke

It looks like all of Robin Thicke's yearnings for a reconciliation with estranged wife Paula Patton — which he's made a regular part of his concerts on his current tour — might just be for show. The Blurred Lines singer has seemed contrite and lovesick on-stage, but off-stage he's reportedly been having a great time and visiting strip clubs, according to Radar Online. And at his most recent tour stop he was spotted without his wedding ring.

Twitter

@pattonoswalt
So, starting at 2am we set our calendars to Christmas except it's "summertime Halloween" Christmas with still some snow?

@ParisHilton
What's the best beach in the Philippines?

@mindykaling
Austin is full of bats and cold rain so far

Selena continues to Belieb Justin is the one for her

Selena Gomez

It looks like Selena Gomez can't quite quit Justin Bieber no matter how much trouble he encounters. The former Disney star is fuelling speculation that she and Bieber are back together after being spotted by fans having breakfast together in McAllen, Texas, late Friday morning, according to Valley Central. Gomez was in the area for a performance the following night at Border-Fest, and Bieber apparently flew in to join her after giving a deposition in Miami in a lawsuit brought against him by a photographer.

Neeson's Bond with late wife was worth more than playing the man himself

Liam Neeson's career could've gone very differently if it weren't for late wife Natasha Richardson, the Taken star reveals. Neeson tells the Hull Daily Mail that he was offered the role of James Bond early in his career, but then-fiancée Richardson wasn't having it. "I was heavily courted, let's put it that way, and I'm sure some other actors were too," Neeson says. "It was about 18 or 19 years ago and my wife-to-be said, 'If you play James Bond we're not getting married.' And I had to take that on board, because I did want to marry her." The 007 franchise went with Pierce Brosnan instead, and Neeson and Richardson tied the knot in 1994.

Magic jars ease money jam

Control. Putting a lid on variable expenses is a simple yet effective way to manage money

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Money jars provide a clear view of how to live within your means. ISTOCK

One of the biggest surprises to come out of Til Debt Do Us Part was the number of people who put themselves on The Magic Jars as a way of managing their money. Determined to do something differently, they saw the jars as a way of taking control of their money. Some people, however, seem to have difficulty figuring out where the money for the jars comes from. It's as if they think this is extra money, not money they would have been spending all along.

The money that goes into the jars is the money that you would have been spending on things like gas, food, clothes, entertainment and medical costs — all your variable expenses. It's not extra money.

While the jars make the whole money management thing very concrete, the place to start changing your money management is not with the jars. It's with a balanced budget. You can't actually make the jars work for you if you don't start by making a budget that balances.

Head of over to my website at gailvazoxlade.com and find the Interactive Budget and the instructions, Gail's Guide to Building a Budget. Follow the instructions and make a budget that balances. You can't have a negative number at the bottom. The budget has to balance.

If you can't make it balance, either your expenses are too high or your income is too low. Start by cutting out everything that isn't essential to keeping body and soul together.

Cable, cell phone and telephone bills are one place to look. Turn down your thermostat and put on a sweater to save on heating costs. Get rid of a car you simply can't afford to keep. If that's not enough, then you're going to have to find a way to make more money.

OK, now we come to the jars. The Interactive Budget Worksheet will tell you how much should be going into each of the jars. This money is your variable spending. Assuming you've balanced your budget, you now know how much to pull from your bank account each week for the jars. If you're deeply in debt and must commit a significant portion of your income to debt repayment, some jars, like "clothing and gifts" may remain empty until you're back in the black.

All the rest of your money stays in your bank account to be used to pay your bills. Your mortgage or rent is a fixed expense. Ditto your car payment, insurance, childcare.

Two more things: First, if you can't figure out how much you should be putting toward debt repayment, use the Own Up to Your Debt Worksheet on the website as a quick way to determine how much should be going toward your debt repayment. If your hole is deep, you may have to allocate 30, 35 or 40 per cent of your income to debt repayment; whatever it takes to get you out of the red within three years or less. If it looks like it's going to take longer, or your debt repayments are throwing your budget off kilter, you only option will be to make more money.

Second, you can't sacrifice savings in the name of paying your debt off faster. Sorry, that's cheating. You have to set aside a little sumthin' sumthin' each month for emergency and retirement savings so that you're working with a balanced plan.

I know there are those who believe you should pay off all your debt before you start to save. I don't agree. If you don't start the habit of long-term savings today, you may not ever start. Ever heard of inertia? That's the thing that keeps a body that's at rest, at rest until something acts upon it. It also keeps a body in motion, in motion. If you aren't saving today, you're a body at rest.

Lots of people all over the world are using the jars. I'm really surprised that such a simple and really old idea has caught on in such a big way. Perhaps it's because the jars really work. I haven't given them to a single family that hasn't had money left in the jars at the end of my time with them, despite my having dramatically cut their budgets.

Determination is a big part of success. If you're at all wishy-washy about what it'll take to get you out of debt and live within your means, if you just can't work up the guts to do things differently, it won't be the jars that failed.

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Tax Talk

Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

U.S. Citizens Need To File With The IRS And Employment Expenses Are Probably Not A Tax Break

Q I use my phone for work? Can I claim a portion of my bills?

A Probably not. It usually has to be part of your employment contract before you can claim it. And your employer has to give you a signed T2200 Form in order to claim employment expenses like cell phones. But if you have a T4, you should be able to claim the Canada Employment Amount, which is about $168 in tax savings. This credit was meant to help with some of the costs of having a job, like parking, dry cleaning and cell phones.

Q I was born in the U.S. but my parents moved to Canada when I was 5. Do I have to file a U.S. return?

A It depends on your income but the answer is probably yes. Unless you formally renounce your U.S. citizenship, the IRS expects U.S. citizens to file a tax return if you earn over a certain amount. Don't worry, the U.S. Canada Tax Treaty means you won't pay double the tax, but you need to file a return. And if you have assets of more than $10,000 at any point during the year, you need to file a Financial Bank Account Report with the Treasury Department by June 30 or face penalties.

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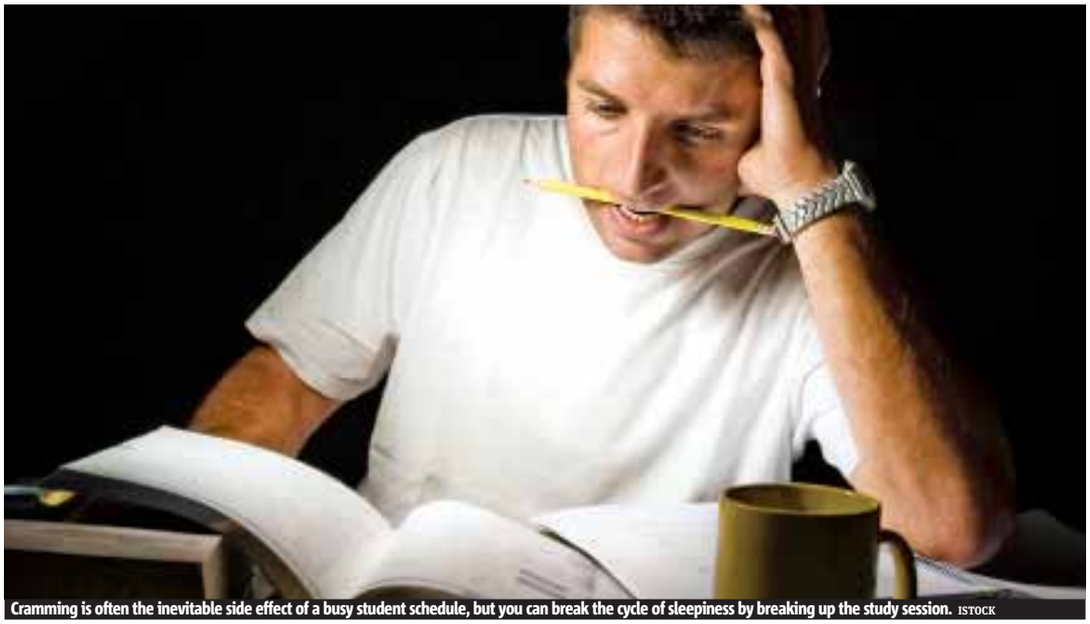
Author nails down a few need-to-knows for any scholar of the future

They don't teach you this in school. Get started on planning your post-secondary path with a little pre-campus advice

LASSE EMIL KRISTIANSEN
Metro World News



Cramming is often the inevitable side effect of a busy student schedule, but you can break the cycle of sleepiness by breaking up the study session. ISTOCK

There's so much to figure out once you've got your foot in the post-secondary door. We talk to Blair Thornburgh, author of Stuff Every College Student Should Know, a survival guide that includes her best tips on getting through university without using all your money on textbooks, how to pull an all-nighter, and more.

Taking notes

"Pay attention to anything that's written on the board. The teacher is not going to put something on the board that doesn't matter. It's also important to write down any questions that might come up in a discussion.

"It could be something you will think about when you're reading. Write down all dates and formulas. These things are easy to forget, so put them on paper so you have a record of it."

The almighty all-nighter

"It's tempting to think that you can drink six Red Bulls, and then write your paper, but that will probably just give you a heart attack. Keep a monitor on your caffeine and drink water instead.

"It helps you stay awake better, because you're hydrated and when you have to go to the bathroom all the time you will not fall asleep. I also find it helpful to breaking the time down. It can be terrifying to think about writing 12 pages in six hours. You should just think about working 45 minutes straight and then write a page and a half in that time. If you break it down into smaller chunks you'll feel like it's more manageable."

Chalk it up to this...

"The teacher is not going to put something on the board that doesn't matter."

Blair Thornburgh
Author of Stuff Every College Student Should Know

Poking around for a part-time position?

Make that interview count:

- "The most important interview tip is to be courteous and on time. You have to recognize a person's chief job is not normally interviewing people; they have other things to do. So if you can be there, be prepared and make their job easier. Don't do anything that's going to make you uneasy."
- "Don't dress improperly, and don't be rude. I would not come in with a cup of coffee or with my earplugs in. Just come and show that you're focused on doing this interview. It's always good to have a couple of questions to ask your interviewer. You want to show that you know what they do, and you want to know more about it. Imagine if they did give you the job: What would you ask and what would you need to know right away?"

Money saver

"Don't buy the books new from the campus bookstore. They're just going to rip you off. The books can be pretty easy to find online if you have the ISBN.

"Make sure you look around also on foreign sites. Then you can also sell the books when you're done with them. If it's a big textbook you're doing for a huge class and you have a study group you can split the book. You can also make an arrangement with someone you know is going to take the class next semester."

Getting along

"So much of college is social and a lot of people need to get away from that sometimes. And if you don't feel like you can go to your room, it's going to be very stressful.

"It's a good idea not to assume that you're going to be your roommates' best friend. A lot of people think that because you really want to make friends. Even if you live with someone who was your friend before that you might not get along. It's really important to talk, so you don't build up a weird resentment. Then you're more likely to explode.

"Plan out what you want to say before you bring out an issue. That will make it easier. If it's really bad, you should get help from your residential staff because that's why these people are here."

No, you don't have an app for that

Don't quit your day job. Developer warns that odds of creating the next Flappy Bird are likely no better than winning the lottery

You may have the code down to a science, but do you have the skills to put together a completely unique product? ISTOCK

Convinced you've got a brilliant app idea that would surely make you rich if you could just learn to code?

Think again before quitting your day job, warns Matt Coombe, co-founder of the Toronto-based app development company Get Set Games.

While he in no way discourages aspiring app makers from getting into coding, he warns it's getting harder and harder to get noticed in Apple's crowded App Store and the Google Play marketplace for Android apps.

"I think the gold rush is over," Coombe says during an interview at the company's downtown loft-style office space, which features trendy reclaimed wood furniture and the requisite well-stocked staff kitchen.

"In the early days, it was basically, if you could make a decent app and get it out on the App Store, you had a very good chance for success. You wouldn't necessarily become a millionaire overnight but you could make a decent salary for yourself.

"I think those days are over because there's so much quality out there. There's absolutely an opportunity there. It's still available and people are still doing really great stuff and having a lot of success, but it's a lot harder."

Get Set Games' Mega Jump 2, for example, is a so-called freemium game, which means it's free to download but users can opt to pay for some add-ons that make playing a little easier.

The original Mega Jump wasn't free when it first launched but Coombe says the development team eventually decided that adopting the freemium strategy was the best way to go.

Too many users had decided that even 99 cents was too much to pay for an app. Now Coombe hopes that maybe five per cent of the users who download his games will opt to pay for in-game purchases. For a game that's massively popular, the revenue from those five out of every 100 users can add up.

"There are a couple of really great things about making free apps. One is you absolutely get to reach out to the most people possible with zero barrier to entry. Everyone is willing to give your game a try," Coombe says.

"That means your download numbers and people who get to know about your game and your brand are several orders of magnitude larger than a paid app. The second thing is, when you have a large user base and a lot of people playing your games, then you get to introduce those same people to your next games and your next games, which is obviously a fantastic way to market your whole (roster) of games."

But Coombe says he's starting to come around to the idea of releasing games with a price tag again, partially because it seems some consumers are getting sick of the freemium concept and being nagged into paying for upgrades.

"We're definitely a freemium-based company but that's not to say there aren't more and more reasons becoming apparent to start really thinking about potentially making a high quality paid app. I think we're starting to see ... people are starting to yearn a bit more for paid apps that are perhaps $4.99 or $9.99 because it's the game experience they want, they're willing to pay upfront to not be bothered with all that stuff," he says.

Coombe says it seems like a large proportion of people are willing to start paying money for apps if they feel they'll get value from it.

There's still another challenge Get Set Games faces in the App Store, which has more than a million titles to choose from.

Users who hear about Mega Jump 2 and try searching for it by name will find it's not the first search result, or the second. For some reason, games called Icy Tower 2 and Ninja Revinja appear first.

"It is disappointing when you have a specific game title — it's a No. 1 app, it's been downloaded millions of times — and when you type in the exact name it doesn't show up No. 1, that is surprising," Coombe says.

"It does point to issues of discoverability on the App Store. There are huge amounts of apps, huge amounts of games — some great, some not so great — and I think it's going to become more and more important, if it's not already exceptionally important, for players to be able to find the games they want faster and to allow good developers to be seen and not smothered by a lot of lower quality applications."

THE CANADIAN PRESS

Don't despair, just be aware

There's absolutely an opportunity there. It's still available and people are still doing really great stuff and having a lot of success, but it's a lot harder."

Matt Coombe
Co-founder of Get Set Games

Not-so-lengthy life spans

Matt Coombe knows firsthand that even if an app can stand out from the crowd and become a hit, maintaining a top chart position is extremely difficult.

- Get Set Games first topped the charts in 2010 with its game Mega Jump and recently released a sequel, which also went to No. 1.
- Featured status by Apple helped push Mega Jump 2 to the top of the overall iPad app charts in both Canada and the U.S. within days of its release. It took overall top spot in 32 countries and in the arcade game category it ranked No. 1 in 100 countries.
- But within a couple of days the descent on the charts began and by week's end, it had dropped dozens of positions in Canada and the U.S.

The characters of Mega Jump
GET SET GAMES

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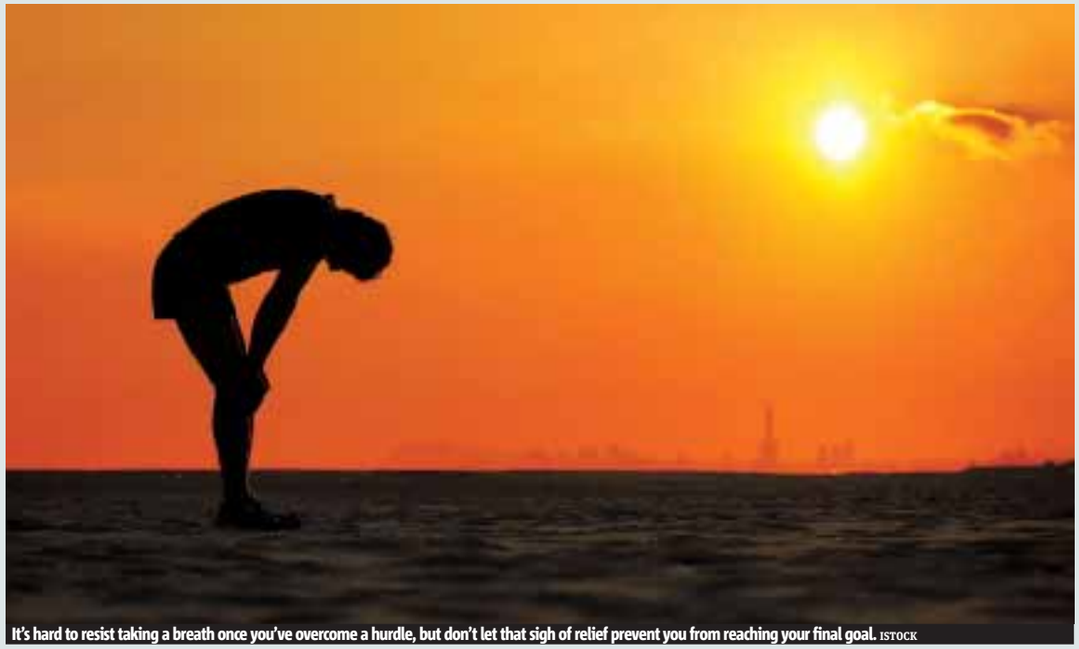
OFE opportunitiesforemployment
HOPE IN ACTION

'Round the world wisdom

Don't be fooled by where your finish line falls

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca



It's hard to resist taking a breath once you've overcome a hurdle, but don't let that sigh of relief prevent you from reaching your final goal. ISTOCK

I woke up on the last day of my six-day Gobi desert race having completed six marathons in five days and facing a measly 10-kilometre race to the finish. How hard could that be? "Done," I thought.

With this conclusion, having run a tough long race perfectly, I decided it was time to relax and celebrate. Nearby our camp was a beautiful meandering river and I couldn't resist its siren call. I decided to go clean my gear, and before I knew it, I jumped in too: it had been five days of collecting dust and not having washed. As extreme distance runners usually tape up various body parts to reduce chafing and blistering, and I then de-taped my mummified shoulders, back, chest, and feet. Free at last! It was heaven.

It was as if the universe had heard me and concurred: I had checked out emotionally and, 30 minutes later, so did my body. I imploded. My nose started to bleed, my toes got infected, my body started to shut down and only an aggressive cocktail of antibiotics allowed me to make it to the start line. After running hard for 240 km, I painfully walked the final 10 km, pulled by another racer for most of it. I finished almost last and lost precious positions in the overall rankings.

In the desert as in life, I have witnessed that smelling a finish line is an euphoric experience which can often be mistaken with actually crossing the finish line.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Feet, don't fail me now

"It was as if the universe had heard me and concurred: I had checked out emotionally and, 30 minutes later, so did my body. I imploded."

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- Provide leadership to Sales Team to maximize both performance and professional growth
- Achieve and surpass revenue targets and other performance metrics across all print, online and mobile platforms
- Develop new revenue projects to assist in overachieving revenue goals
- Build strong customer relationships
- Increase the number of innovative and first-to-market programs
- Work in accordance with other retail sales managers across Metro English Canada and SMG to leverage appropriate cross selling opportunities.
- Lead major department projects with budget accountability

REQUIREMENTS OF THE POSITION:

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- Newspaper experience would be an asset
- Sales management training preferred
- Minimum of 3-5 years experience in a sales management role in the Winnipeg market
- Experience selling to retailer and/or small-medium business directly
- Excellent oral and written presentation, communication and negotiation skills
- Superior ability to manage a sales team utilizing a Customer Relationship Management System (CRM)
- Ability to problem solve and make decisions in a dynamic, ever-changing environment
- A passion for creativity; an entrepreneurial spirit
- Proficient in Microsoft Office applications

Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than March 22nd.

PLEASE QUOTE: "Sales Manager - Winnipeg" in the Subject Line. All submissions will be treated as confidential.

metro

Not a dry eye in the house when this meat loaf performs

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Meatloaf has always been a classic family favourite. It's about time we add some pizzazz to this traditional dish.

Using ground chicken or turkey is a leaner way to go. Four ounces of ground chicken have only 108 calories and one gram of fat compared to regular ground beef, with its 310 calories and 20 grams of fat!

I take the ground chicken mixture and layer it, using roasted red peppers, sun-dried tomatoes and Monterey Jack cheese. This not only adds flavour but is also beautiful when sliced.

For a variation, you can try making mini meat loaves by using either a muffin cup mould or mini loaf pan. Divide mixture into 12 servings.

The key to cooking poultry is to be sure it's always baked thoroughly, reaching an internal temperature of 165 F. I like to use the digital instant thermometer probe. Just preset it to 165 F and insert into the middle of the loaf until temperature is met.

You can buy roasted red bell peppers in water packed in a jar or roast a small red pepper cut into quarters in a 425-F oven for 15 minutes or just until the skin blisters. Remove the skin and chop.

Nutritional information

Per serving

- 280 calories; 13 g carbohydrates; 1.8 g fibre; 22 g protein; 14.3 g total fat; 4.9 g saturated fat; 130 mg cholesterol; 420 mg sodium

Directions

1. Preheat the oven to 425 F.

FLASH FOOD

From your fridge to your table in 30 minutes or less

2. In a bowl, combine the ground chicken, bread crumbs, garlic, egg, onion, ketchup, dried basil and salt and pepper until well mixed.

3. Pat half the chicken mixture into the prepared loaf pan. Sprinkle with the green onions, red pepper and sun-dried tomatoes.

4. Mix the Monterey Jack and Parmesan cheeses and add all but 2 tbsp of the cheese mixture to the loaf. Pat the remaining chicken mixture over the filling

.

5. Bake for 20 minutes or until the interior temperature reaches 165 F. Sprinkle with the remaining cheese and bake for 2 minutes or until the cheese melts. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 1 1/2 lb ground chicken
- 1/2 cup seasoned dry bread crumbs
- 1 1/2 tsp finely chopped garlic
- 1 large egg
- 1/4 cup finely chopped yellow onion
- 1/4 cup ketchup
- 1/2 tsp dried basil
- Pinch of salt and pepper
- 1/3 cup finely diced green onions
- 2 oz roasted red pepper, chopped
- 1/4 cup diced rehydrated sun-dried tomatoes
- 1/2 cup shredded Monterey Jack cheese or white aged cheddar
- 2 tbsp grated Parmesan cheese

This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

2 in 1: Tomato Soup with Grilled Cheese to garnish

A classic combination is tomato soup alongside a grilled cheese sandwich.

I have taken it one step further and combined small squares of grilled cheese as a garnish for the soup.

Fresh plum tomatoes are a tastier option than canned tomatoes. And the soup is rich and creamy without any butter or cream.

Tomatoes contain a beneficial antioxidant called lycopene which may lower the risk of heart disease, macular degeneration, bad cholesterol and certain cancers such as prostate, lung and stomach.

This recipe serves four. ROSE REISMAN

Ingredients

- 2 tsp vegetable oil
- 3/4 cup chopped sweet onions
- 1-1/2 tsp minced garlic
- 4 cups chopped plum tomatoes
- 1 cup low sodium chicken stock
- 1-1/2 tbsp tomato paste
- 2 tsp granulated sugar
- 1/4 tsp each: salt and freshly ground black pepper
- 1/4 cup chopped fresh basil, as garnish

Grilled Cheese

- 2 oz aged cheddar cheese sliced thinly
- 2 slices brown bread

1. In a nonstick saucepan sprayed with cooking spray, heat oil over medium heat; cook onions and garlic for 3 minutes. Stir in plum tomatoes, stock, tomato paste, sugar, salt, and pepper. Bring to a boil. Reduce heat to simmer; cover and cook for 15 minutes.

2. In batches, purée soup in a blender or food processor. Garnish with basil.

3. Place cheese on bread to make a sandwich. Spray both sides of bread with cooking spray and sauté in hot skillet for 2 minutes per side just until cheese melts. Cut sandwich into 8 squares and garnish each soup with two squares.

ROSE REISMAN

Skiers score pair of medals in Sochi

Paralympics. Success on slopes carries over to the rink, as the sledge hockey team moves to 2-0

Bronze medallists Mac Marcoux and his guide Robin Femy acknowledge the crowd after the men's visually impaired Super G final at Rosa Khutor Alpine Center on Sunday in Sochi. HANNAH PETERS/GETTY IMAGES

Canada won two medals on the slopes and the sledge hockey team continued to roll Sunday at the Sochi Winter Paralympic Games.

Visually impaired skier Mac Marcoux of Sault Ste. Marie, Ont., and guide Robin Femy of Mont-Tremblant, Que., won their second bronze medal in as many days, finishing third in the super-G. The pair finished with a time of one minute 20.77 seconds.

Teammate Caleb Brousseau of Terrace, B.C., took bronze in the super-G men's sitting division, winning his first career Paralympic medal. Brousseau put down a time of 1:22.05.

In sledge hockey, Adam Dixon scored twice and Dominic Larocque added a goal and an assist Sunday as Canada defeated Norway 4-0.

Anthony Gale and Kevin Rempel added two assists, while Corbin Watson had to make just six saves to get the shutout as Canada improved to 2-0.

Larocque scored on the power play 4:20 into the second period to snap a scoreless tie. It was his third of the tournament after picking up two goals in Canada's 10-1 victory over Sweden on Saturday.

Dixon, who had two goals and two assists against Sweden, then made it 2-0 with 4:26 to go in the second before making it 3-0 at 1:07 of the third.

Marc Dorion then scored his first of the tournament with 21.8 seconds left in the game to round out the scoring.

Dixon and Gale both have six points after two games.

Canada has an off-day on Monday before taking on the Czech Republic on Tuesday.

Norway, which defeated Canada in the bronze-medal game at the 2010 Vancouver Paralympics, will meet Sweden the same day.

THE CANADIAN PRESS

By George!

Strombo to fill MacLean's shoes, TSN reports

George Stroumboulopoulos will reportedly be the next host of Hockey Night in Canada.

TSN's Bob McKenzie tweeted the host of CBC's George Stroumboulopoulos Tonight will become the face of the show when Rogers Communications Inc. takes control of Canada's NHL broadcasting rights next season.

McKenzie also reports the Coach's Corner segment will continue another two years. McKenzie says Ron MacLean will still be involved with a reduced role. THE CANADIAN PRESS

Spring training

Dickey strong in Jays loss to Astros

R.A. Dickey pitched five shutout innings Sunday before the Houston Astros came back to beat the Toronto Blue Jays 4-3 in an exhibition game.

Dickey threw 82 pitches in five innings in his third spring start, giving up four hits and a walk while striking out four.

THE ASSOCIATED PRESS

Not pulling any punches

"A couple things need to change if I come back.... Whoever wins, I don't care. I just watch it as a fan."

Georges St-Pierre, the former UFC welterweight champion who is on hiatus from fighting, gives a slight edge to Johny (Bigg Rigg) Hendricks over (Ruthless) Robbie Lawler in the championship match for the vacant title at UFC 171 on Saturday.

Skips would rather skip bronze game at Brier

Manitoba's Jeff Stoughton
ANDREW VAUGHAN/THE CANADIAN PRESS

It was a game neither skip wanted to play, but a series of missed shots by Quebec gift-wrapped the bronze-medal match for Manitoba Sunday at the Canadian men's curling championship.

Manitoba's Jeff Stoughton won 9-5 in nine ends after scoring two in the first and stealing two in the second on a missed Quebec runback at the Tim Hortons Brier.

He stole another in the third on a gentle Quebec hit that overcurled and two more in the fourth on Jean-Michel Menard's tap-back attempt that barely brushed Manitoba's stones.

It put Manitoba up 7-0 going into five.

Menard drew for one finally in five and raised his arm in a good-natured salute to the applause of the half-filled arena.

He let alternate Pierre Charette skip eight and he stole two to keep the game going when Stoughton missed a hit for one. Manitoba also put alternate Garth Smith in at lead.

Stoughton minimized the win and said they weren't really focused either.

"We got lucky in the first end. If he makes his shot they probably steal two and they win the game," he said.

"It's a disappointing game to play because you're not going to win the Brier."

THE CANADIAN PRESS

Alberta takes title

Kevin Koe denied Kamloops native son Jim Cotter the big prize Sunday, as Alberta scored three three-enders to beat B.C. 10-5 at the Canadian men's curling championship.

Horoscopes

♈ Aries
March 21 - April 20
The planets are encouraging you to break out of a rut and live closer to the edge for a while. Security is all well but an Aries needs excitement too, so do something out of the ordinary this week.

♉ Taurus
April 21 - May 21
Speak your mind today. If certain people don't like it that's just too bad — in fact it's a good sign. Jupiter in the communications area of your chart indicates your words will have the desired effect.

♊ Gemini
May 22 - June 21
Challenges keep coming, and you keep dealing with them in your own way. There are few things that faze you and what life chooses to throw at you over the next seven days, you will handle it with ease.

♋ Cancer
June 22 - July 23
You will be at your best this week. Jupiter in your sign makes all things possible and, more importantly, makes you believe all things are possible. If you possess self-belief, there is nothing you can't accomplish.

♌ Leo
July 24 - Aug. 23
Try not to commit yourself to anything that can't be changed at a moment's notice. The planets are unsettled, so be prepared to drop what you are working on and start something new and exciting.

♍ Virgo
Aug. 24 - Sept. 23
No matter what problems you face over the next few days, you'll be able to deal with them. Get them out of the way quicker by asking for help.

♎ Libra
Sept. 24 - Oct. 23
You will make an impression over the next seven days but will it be of the right sort? That depends on how well you get along with the people you work with and for. Be confident but not arrogant.

♏ Scorpio
Oct. 24 - Nov. 22
You won't have to work hard to get what you want this week. With both Sun and Jupiter on your side, others will happily provide you with whatever it is that is good for you.

♐ Sagittarius
Nov. 23 - Dec. 21
Doors that have been closed to you in the past will start to open over the next few days but for some reason you may decide not to walk through. Even if you cannot explain your reluctance, listen to what your inner voice tells you.

♑ Capricorn
Dec. 22 - Jan. 20
Don't get carried away with your success. The current cosmic picture makes most things possible for you but that does not mean you should try to do everything.

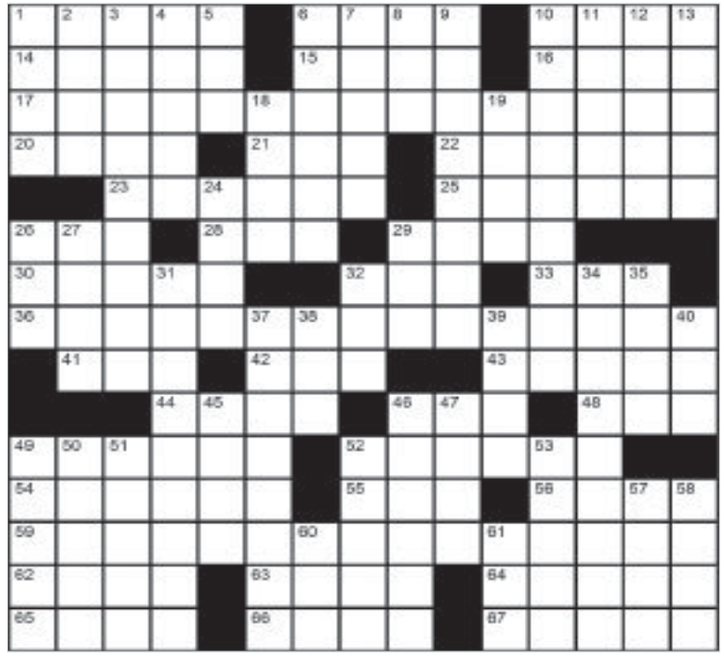
♒ Aquarius
Jan. 21 - Feb. 19
You may have to force yourself to be enthusiastic about what has to be done today but it will be worth the effort. By midweek, everyone will be patting you on the back.

♓ Pisces
Feb. 20 - March 20
Is what you are doing with your life what you want to be doing? If not, think about what changes you can make to bring your reality in line with your dreams. Jupiter makes all things possible. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



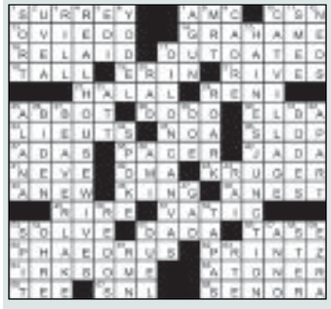
Across

1. Kootenays village in British Columbia
6. Phone
10. Li'l Abner cartoonist Al
14. Consuming-food person
15. Amazon Rainforest berry
16. Ancient concert sites
17. Neurologist who, in 1992, became the first Canadian female astronaut in space: 3 wds.
20. Traverse
21. Baseball stat.
22. Tempt
23. Manitoba town north of Winnipeg
25. Poured
26. Scottish "Gee!"
28. Eggs-layer
29. Ms. Arden
30. Body
32. Tone-__ (Rap star)
33. Martian's maneuver-ee, minutely
36. Colgate containers: 2 wds.
41. Caustic solution
42. Free
43. "Oh My Darling, Clementine" part: "... excavating for _ ___..."
44. "__ Dead II" (1987)
46. Ad __ committee
48. ISP, e.g.
49. __ and onions (Frying pan partners)
52. Reality star Heidi
54. Highest orbital point
55. Mineral kind
56. Carrie Fisher's Princess
59. Great song by Canadian folk duo Ian & Sylvia: 3 wds.
62. Escape
63. Swiss river, variantly
64. Mr. Bruckner of classical music
65. Electronics company
66. Grandpa's portrayer on "The Waltons", Will __
67. Painting surface

Down

1. Shoe brand since 1916
2. 50+ org. in The States
3. Ontario municipality near London, __-Caradoc
4. Sierra's partner
5. Sphere
6. __-14 dating
7. Singin', Dancin' and what else?
8. One of the Teletubbies, when doubled
9. 'Mr. Showmanship' played by Michael Douglas
10. Canadian Sci-Fi show on Showcase
11. Contribute to the mix: 2 wds.
12. Tranquility
13. Did apple prep work
18. __ Stanley Gardner (Detective novelist)
19. __ upswing: 2 wds.
24. "I'm in trouble now!": 2 wds.
26. Senators, on scoreboards
27. Hip
29. Scribble
31. Metallic hue: 2 wds.
32. Psychedelic drug
34. "Open up! This is the..." sayers on TV: 2 wds.
35. Vintner's prefix
37. Store's info-for-purchasers item: 2 wds.
38. Feel awful
39. Diplomacy
40. Salt, in Paris
45. Contends
46. Little Jack __
47. Blood type, _ __.
49. Big fishing hooks
50. __ Anton Ohno
51. Cathedral city in northern France
52. MTM's second 'M'
53. Skirt style
57. Marriage ceremony exchanges: 2 wds.
58. "It should come __ __ surprise..."
60. "Norma __" (1979)
61. Dog's tail movement

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	8	3	6	4	1	2	8	5
4	2	8	5	9	3	7	6	1
6	5	1	2	8	7	9	3	4
8	6	7	4	2	9	5	1	3
5	3	9	1	6	8	4	2	7
2	1	4	3	7	5	6	9	8
9	8	2	7	3	4	1	5	6
1	7	6	8	5	2	3	4	9
3	4	5	9	1	6	8	7	2

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 3° MIN: -10°	MAX: -4° MIN: -8°	MAX: 1° MIN: -4°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
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